

**UPAYA GURU DALAM MEMBANTU PERKEMBANGAN FISIK MOTORIK
ANAK PRASEKOLAH MELALUI KEGIATAN BERMAIN
DI TK ISTIQOMAH KOTA BANDUNG**

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ABSTRAK

Penelitian ini dilatar belakangi oleh keinginan untuk mengetahui upaya guru dalam membantu perkembangan fisik motorik anak prasekolah melalui kegiatan bermain di Taman Kanak-Kanak Istiqomah Kota Bandung. Tujuan penelitian ini yaitu untuk memperoleh data mengenai upaya guru dalam membantu perkembangan fisik motorik anak prasekolah yang meliputi aspek perkembangan motorik kasar dan motorik halus dalam kegiatan bermain. Lokasi penelitian yaitu di Taman Kanak-Kanak Istiqomah Kota Bandung. Metode yang digunakan ialah metode deskriptif. Populasi dan Sampel yang digunakan sampel total yaitu guru pendamping kelompok A dan kelompok B TK Istiqomah sebanyak 23 orang. Instrumen yang digunakan yaitu angket berupa pertanyaan pilihan ganda (*Multiple Choise Questions*). Temuan dalam penelitian ini yaitu upaya guru dalam membantu perkembangan fisik motorik melalui kegiatan bermain di TK Istiqomah Kota Bandung lebih dari setengahnya berada pada kriteria sangat tinggi melalui kegiatan bermain yang dapat dikategorikan dengan cara mengajak anak bermain, membimbing anak dalam melakukan kegiatan bermain, dan memberi contoh kepada anak sehingga upaya guru pendamping dalam membantu perkembangan fisik motorik berhasil untuk mencapai anak berkembang secara optimal. Rekomendasi untuk lembaga sekolah dan guru agar mempertahankan upaya yang dilakukan guru dalam membantu perkembangan fisik motorik yang baik untuk perkembangan anak prasekolah.

Kata kunci: Upaya, Perkembangan, Fisik Motorik, dan Kegiatan Bermain

**THE TEACHERS' EFFORT IN HELPING THE PRESCHOOL STUDENTS' PHYSICAL
DEVELOPMENT OF MOTOR SKILLS THROUGH PLAYING
ACTIVITIES IN TK ISTIQAMAH BANDUNG**

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ABSTRACT

This study is motivated by the will to know the teachers' effort in helping the preschool students' physical development of motor skills through playing activities in Istiqamah kindergarten Bandung. This study is intended to gain the data of the teachers' effort in helping the preschool students' physical development of motor skills including gross motor and fine motor skills in playing activities. This study is located at Istiqamah Kindergarten Bandung. The method used is descriptive method. Population and sample involved are 23 teachers of group A and B companions. The instrument used is questionnaires in the form of multiple choice questions. The findings including most of the teachers' effort in helping the students' physical development of motor skills through playing activities in Istiqamah kindergarten Bandung are at the highest criteria through playing activities categorized as the ways to invite students to play, to guide the students in playing activities and giving example to students, so that the teachers' effort in helping the students' physical development of motor skills optimal. Based on the result of this study, it is recommended for the school institution and teachers to maintain the effort in helping a good physical development of motor skills' preschool students.

Key words: Effort, Development, Physical Motor Skills, Playing Activities.